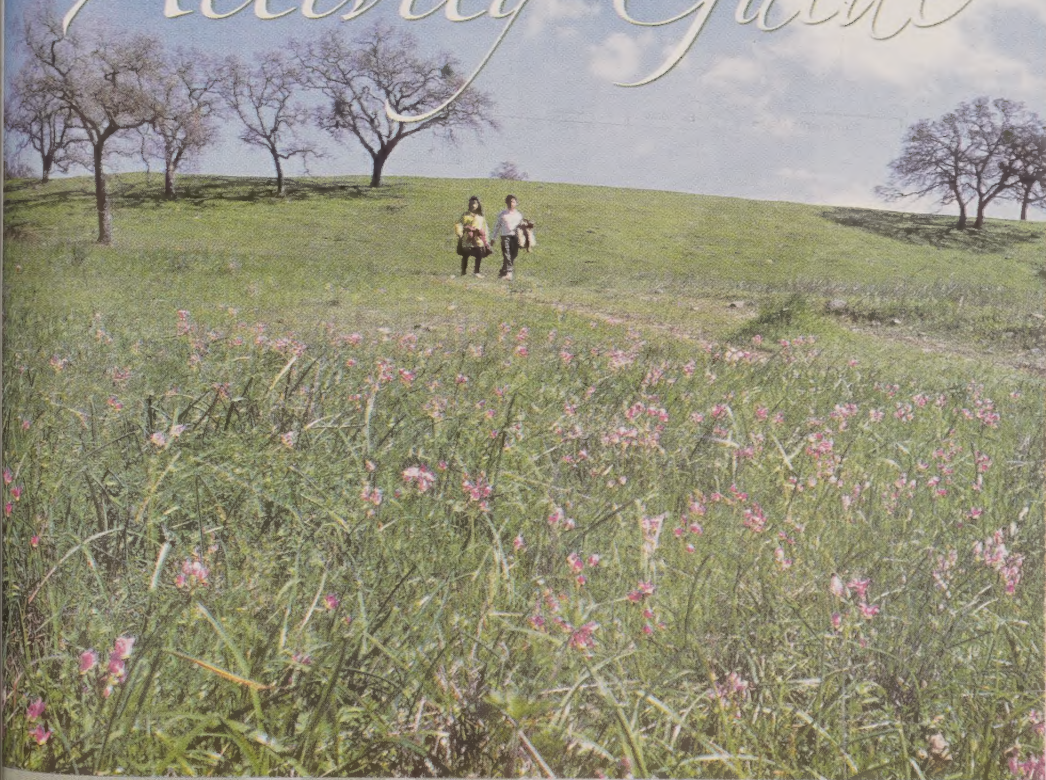


Regional
in Nature

Activity Guide



Sunol-Olone Regional Wilderness offers hikers an extravaganza of springtime wildflowers.

Kids Challenge, page 3

Stroller Strides—fitness for mom, page 5

Spring Break at Ardenwood, page 6

Tricks of Tracking at Black Diamond, page 7

Marsh Mysteries at Coyote Hills, page 7

Creatures of the Bay at Crab Cove, page 8

Spring Wildflower Festival at Sunol, page 8

Kids Garden Club at Tilden Nature Area, page 9

Vasco Regional Preserve tours! See page 3

1,300-acre Crockett Hills Regional Park to open this spring



The Crockett Ranch Staging Area on Crockett Blvd. provides access to the interior trails of Crockett Hills Regional Park. An old milk house (above) and barn left over from the land's farming past still stand in the staging area.

The East Bay Regional Park District proudly announces the opening of its newest park, Crockett Hills, this spring.

Located just south of the town of Crockett, the 1,300 acre park includes steep, rolling grasslands and oak/bay woodlands ranging in elevation from

150 to 800 feet.

Trails include a 4.5-mile segment of the Bay Area Ridge Trail. The park extends two miles north to south from the Cummings Skyway near Crockett Boulevard (near the Crockett Ranch Staging Area) to Highway 4, with

views of San Pablo Bay, the California Delta, Mount Tamalpais, and Mount Diablo.

Rich in history, Crockett Hills was once a likely hunting and gathering site for Native Americans. It later served as a nineteenth century ranch and more recently as part of the industrial history of the region. The original ranch barn, milkhouse, and corrals can still be seen in the newly-created staging and picnic area. Prior to the Park District acquiring the land in 1994, Crockett Hills was owned by C&H Sugar Incorporated, which still has its refinery in Crockett and processes about 700,000 tons of cane sugar per year.

The exact date of the grand opening will be posted soon on the Park District website at www.ebparks.org. The public is cordially invited to celebrate with the Park District and enjoy this wonderful new open space. The event will take place at the Crockett Hills staging area located on Crockett Blvd off of Cummings Skyway which can be reached from Hwy. 4 or I-80.


Carol Severin named Board President

Carol Severin has been named president of the East Bay Regional Park District board of directors for the year 2006. A resident of Castro Valley, Severin is a retired professor of recreation at San Francisco State University. She has been on the Park District board since 1994. Prior to that,



she served 14 years as a board member of the Hayward Area Recreation and Park District. Severin has held statewide positions with the California Association of Recreation and Park Districts. She has been a board member of California Special Districts Association and treasurer and district director of the California Park and Recreation Society. She was also a recipient of the Pugsley Award.

Kids Challenge launches April 15

Looking for fun, outdoor activities for kids in elementary and middle school? Try the Kids Challenge! This new program is modeled after our popular self-guided Trails Challenge, and designed especially for kids. Each participant will receive a Passport to a popular park and complete activities. Stamp and award for each completed activity. Kids can win prizes throughout the year. The program is free to schools and youth organizations. Individuals can sign up for a small fee, call (510) 636-1684. Educators who enroll their classes will be sent information on how to make better use of parks resources. Programs appropriate for Kids Challenge are listed in this publication online at www.ebparks.org. Look for the Kids Challenge logo——on (510) 562-PARK for more information. Kaiser Permanente is a major partner for the Kids Challenge.

Seasonal employment in the Regional Parks

The East Bay Regional Park District offers a variety of seasonal full-time part-time jobs working in the parks for students. For more information, contact the Human Resources Department, 2950 Peralta Oaks Court, Oakland, CA 94605, phone (510) 544-2154, or our employment page at www.ebparks.org/employ.htm.

CONTENTS

Aquatics.....	4
Recreation Programs.....	4-5
Ardenwood.....	5-6
Black Diamond.....	6-7
Coyote Hills.....	7
Crab Cove.....	7-8
Sungl.....	8
Tilden Nature Area.....	8-9
Other Regional Parks.....	9-10
Volunteer Programs.....	10
Registration & Fees.....	11
Visitor Centers/Swim Areas.....	11
Registration Form.....	Back cover

General Info/Free Brochure:
.....(510) 562-PARK
Camping Reservations:
.....(510) 636-1684
Picnic Reservations
.....(510) 636-1684
Naturalist Program Reservations
.....(510) 636-1684
TDD.....(510) 633-0460
Website.....www.ebparks.org

EBRPD Board of Directors

Open, Ward 1
John Sutter, Ward 2
Carol Severin, Ward 3
Douglas Siden, Ward 4
Ayn Wieskamp, Ward 5
Beverly Lane, Ward 6
Ted Radke, Ward 7
Pat O'Brien,
General Manager

WHAT ARE YOU DOING THIS SPRING?



Visit us for family fun!

- Explore our Interactive and Hands-on Exhibits & Activities
- Take a Guided Hike through our Redwoods
- See a Show in our Planetarium or Giant Screen MegaDome Theater
- And More!

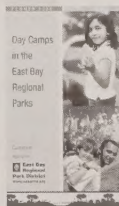
tickets | pricing | details
www.chabotspace.org
or 510.336.7373

chabot space & science center
10000 Skyline Blvd - Oakland 94619

Bring in this ad & get 1 free child admission with paid adult admission. Offer expires 06.30.06

Summer Day Camp Directories are Here!

The East Bay Regional Park District collaborates with many day camp providers to offer summer programs throughout the parks for kids ages 5 to 15. To get your free 2006 Day Camp Directory, call (510) 544-2555.



Spring Plant Sale

Regional Parks Botanic Garden
Tilden Regional Park, Berkeley
Saturday, April 15
10 a.m. - 3 p.m.
Buy California native plants, shrubs, trees, and perennials.

Find many plants not available in a nursery.
• Horticultural advice gladly given
• Refreshments available
• Proceeds directly benefit the Garden.
Bring boxes to carry your treasures, and an umbrella for rains. Organized by the Volunteer of the Regional Parks Botanic Garden.



Wildcat Canyon and South Park near the East Building Info: (510) 541-6732
www.naturejournal.org

Vasco Regional Preserve tours offered this spring



Vasco Regional Preserve is home to a unique combination of resources. Spectacular rock outcrops break suddenly from the rolling, eastern foothills of Mount Diablo, providing magnificent scenery.

The Preserve is home to endangered red-legged frogs, tiger salamanders, and fairy shrimp, and is habitat for kit foxes, eagles, and a variety of nesting reptiles. Its robust grasslands are a successful demonstration of native bunchgrass restoration using sheep grazing. Vasco's archaeological sites contain Indian rock art, part of a complex that reaches back nearly 10,000 years.

This mosaic, though ancient, is extraordinarily fragile. Vasco Regional Preserve exists as it does today because of its isolation and past efforts at preservation.

To protect and preserve this resource, the District offers guided tours only, staging from Round Valley Regional Preserve in Brentwood aboard District-provided bus transportation. Cost is \$28 for District residents, \$32 for non-residents. For information and reservations, call (510) 636-1684.



Vasco Regional Preserve rock outcrops.

Jean Siri: Environmentalist and civic leader

The East Bay Regional Park District mourns the loss of Board member Jean Siri, who passed away unexpectedly in January at her San Pablo residence. She was 85 years old.



and other community organizations.

Jean was known for her sense of humor and forceful yet effective approach to issues. She was elected to the Board in 1992 after having served

in several elected capacities, including a decade-long stint as mayor and city councilmember for the City of El Cerrito. Her emphasis with the Park District was making sure everyone had access to parks, especially in low income and minority communities. Board President Carol Severin said "Jean was the one you wanted on your side. She stood up for her beliefs and was a strong advocate of those who are often underserved."

"Jean loved this District, its staff, her colleagues on the board, and those who advocated on the District's behalf," said Park District General Manager Pat O'Brien. "She was passionate about the parks and contributed not only her great leadership experience, but a sharp wit and a wonderful smile to all who had the fortune to work with her."

Siri's husband, William, died in 2004. The couple had been married 54 years. Siri is survived by two daughters and two grandchildren.

A Wilderness of Wildflowers



Wildflowers in the Ohlone Wilderness.

March, April, May, and June are the prime months for wildflower watching. With 65 regional parks and over 1,100 miles of trails, the East Bay Regional Parks afford visitors a great chance to see the over 150 different species of wildflowers in many different habitats,

whether on a one-hour family picnic or a three-day backpacking trip.

Below is a list of favorite wildflower hikes from the Sunol Interpretive staff:

Black-Diamond (Antioch)—Chaparral Loop Trail and Manhattan Canyon Trails.

Coyote Hills (Fremont)—Castle Rock to Bayview Trail to Lizard Rock to the boardwalk.

Las Trampas (Danville/San Ramon)—Chamise to Las Trampas Ridge to Trapline to Mahogany Trails.

Sunol Regional Park (Sunol)—Canyon View Trail to Camp Ohlone Road and Meadow Loop.

Ohlone Wilderness Trail (Del Valle in Livermore to Sunol).

Tilden Nature Area (Berkeley).

Find out more at the Spring Wildflower Festival on April 8; see program description on page 8.

Partners Cook Up New "Fresh Tracks" Hike 'n Brunch

Beginning in April, the Park District is partnering with Wente Vineyards in Livermore and "Smooth Jazz" KKSJ-FM 103.7 to bring recreation, food, and music to a healthy new level.

On the third Wednesday of each month, enjoy a naturalist-led, two-hour hike at select regional parks while learning (and eating) healthy recipes prepared by chefs at the award-winning Wente Vineyards Restaurant. Top that off with a private venue of smooth jazz sounds set up in the park from KKSJ-FM 103.7. Lunch and jazz will be provided upon completion of the hike.

In addition, Wente Vineyards Restaurant

will offer a weekly healthy Saturday brunch series featuring organic recipes and information about healthy regional parks recreation opportunities, amidst the ambience of live smooth jazz provided by KKSJ-FM 103.7. For Saturday Brunches at Wente Vineyards register at www.WenteVineyards.com.

The first Fresh Tracks Hike 'n Brunch is a moderate, 2-mile hike on April 15, 9 a.m.-1 p.m., to Cresta Blanca in Del Valle. Reservations are required, call (510) 636-1684. Fee: \$28 adults, \$25 seniors, \$20 kids (non-res. \$32/\$28/\$24) Fee includes guided hike, lunch, and jazz.

EAST BAY REGIONAL PARK DISTRICT

AND

KAISER PERMANENTE. thrive

are proud partners in 2006 with the mutual goal of promoting health and fitness.

Health Matters

A healthy, balanced diet provides nutrients to your body. Nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

In order to plan for a healthier diet, keep these three points in mind:

- **Balance:** A well-balanced diet helps ensure that you get all the nutrients you need. Use the USDA Food Guide to learn how. www.mypyramid.gov.
- **Variety:** Eat a wide variety of foods. No one food provides all the nutrients you need. Choose a wide variety among and within the food groups.
- **Moderation:** Use moderation as your guide for everything, including the calories you eat each day, your exercise and other activities, desserts, and sweets. Moderation lets you eat all foods as long as you don't overdo it.

Keep in mind that it is important to pay attention to what you eat as well as what you are missing from your diet. To accomplish this, keep a food diary of everything you eat and drink for one week. Pay attention to serving sizes, and check to see if you are eating a variety of foods from each of the food groups. You don't need to meet the minimum number every day, but try to get the recommended intake on average over a week. You might find that making a few small changes will ensure that you're eating a healthy, balanced diet.

Kaiser Permanente is a major sponsor of the Park District's 2006 Trails Challenge. To learn more about getting in shape and healthy lifestyles, including The 10,000 Steps® Program, visit www.kp.org (you do not need to be a member of Kaiser to join these programs).

AQUATICS

LEARN TO SWIM

All swim lessons are American Red Cross standards, with 4-6 students per instructor, ten half-hour lessons. Refer to the skill level descriptions below.

Fee: \$50/session (\$56 non-res)

Please note * denotes 45-minute class at \$70/session

ROBERTS POOL, OAKLAND

Morning

Session 1: 6/19-6/30

10-10:30 am Levels II, III, IV, V*

10-10:30-11 am Levels I, II, IV, V*

11-11:30 am Levels I, II, III

11:30-noon Parent and Me, II, III

Session 2: 7/3-7/14

10-10:30 am Levels I, II, III, IV

10-10:30-11 am Levels I, II, III, IV

11-11:30 am Levels I, II, IV, V*

11:30-noon Parent and Me, II, III

Session 3: 7/17-7/28

10-10:30 am Levels II, III, IV, V*

10-10:30-11 am Levels I, III, IV, V*

11-11:30 am Levels I, II, IV

11:30-noon Parent and Me, II, III

Session 4: 7/31-8/11

10-10:30 am Levels I, III, IV, V*

10-10:30-11 am Levels I, II, III, IV

11-11:30 am Levels I, II, IV, V*

11:30-noon Parent and Me, II, III

Session 5: 8/14-8/25

10-10:30 am Levels II, III, IV, V*

10-10:30-11 am Levels I, III, IV, V*

11-11:30 am Levels I, II, IV

11:30-noon Parent and Me, II, III

Session 1: 6/19-6/30

5:30-6 pm Parent and me, I, II, III

6-6:30 pm Levels I, I, II, IV

6:30-7 pm Parent and me, I, II, III

7-7:30 pm Levels I, II, III, III

Session 2: 7/3-7/14

5:30-6 pm Parent and me, I, II, III

6-6:30 pm Levels I, I, II, IV

6:30-7 pm Parent and me, I, II, III

7-7:30 pm Levels I, II, III, III

Parent & Me - for children six months to five years. Must be accompanied by an adult in the water. Designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No prerequisite.

Level I - Water exploration: for ages 5+. Skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety. No prerequisite.

Level II - Primary skills: includes unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Prerequisite: Level I skills.

Level III - Stroke development: skills include object retrieval, jump/dive recovery,

Evening

Session A: 6/19-6/30

6-6:30 pm Parent and Me

6:30-7 pm Levels I, II

7-7:30 pm Levels III, IV

Session B: 7/3-7/14

6-6:30 pm Parent and Me

6:30-7 pm Levels I, II

7-7:30 pm Levels III, Adult Beginner

Session C: 7/17-7/28

6-6:30 pm Parent and Me

6:30-7 pm Levels I, II

7-7:30 pm Levels III, IV

Session D: 7/31-8/11

6-6:30 pm Parent and Me

6:30-7 pm Levels I, II

7-7:30 pm Levels III, Adult Beginner

Session E: 8/14-8/25

6-6:30 pm Parent and Me

6:30-7 pm Levels I, II

7-7:30 pm Levels III, IV

Private

6/19 - 8/25: Mon/Tues or Wed/Thur/Fri

7:30-8 pm

Fee: \$45/two-day session (\$51 non-res)

\$65/three-day session (\$73 non-res)

CONTRA LOMA, ANTIOCH

Session 3: 7/17-7/28

5:30-6 pm Parent and me, I, II, III

6-6:30 pm Levels I, I, II, IV

6:30-7 pm Parent and me, I, II, III

7-7:30 pm Levels I, II, III, III

Session 4: 7/31-8/11

5:30-6 pm Parent and me, I, II, III

6-6:30 pm Levels I, I, II, IV

6:30-7 pm Parent and me, I, II, III

7-7:30 pm Levels I, II, III, III

front/back crawl, tread water, and personal safety. Prerequisite: Level II skills.

Level IV - Stroke improvement: Front/back crawl and elementary backstroke. Introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Prerequisite: Level III skills.

Level V - Stroke refinement: continue Level IV strokes/turns, introduction to butterfly, personal safety while diving, and spinal injury awareness. Prerequisite: Level IV skills.

Level VI - Advanced skill proficiency: Technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Prerequisite: Level V skills.

RECREATION SWIM

Lifeguarded swim hours are typically 11 a.m.-6 p.m. during swim season. Facility addresses & phone #'s are listed on inside back cover or visit ebarks.org/swimming for specific dates and times.

Lake Anza, Berkeley; Contra Loma, Antioch; Cull Canyon, Castro Valley; Del Valle, Livermore; Don Castro, Hayward; Quarry Lakes, Fremont; Roberts Pool, Oakland; Shadow Cliffs, Pleasanton; Lake Temescal, Oakland

DISABLED SWIM

Roberts Pool, Oakland, Mondays only: 6/13-3/29, 12:30-2:30 pm

Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.

12:30-3:30 pm, Mondays: 6/19-8/28

Info: (510) 636-1684

Fee: \$3/adult

\$2/senior, child & disabled

PRIVATE POOL RESERVATIONS

Roberts Pool, Oakland

M-F daytime only, 4/17-6/16

M-F daytime only, 9/5-10/6

Roberts Pool is a perfect facility for a swim party. Lifeguard service provided. 150-person maximum; alcohol not permitted.

Reg. Required: (510) 636-1684

Fee: call

RECREATION

For Recreation program information, call (510) 544-2554 or email recreation@ebarks.org. Special Cancellation Policy applies for all Recreation programs; see page 11. All classes dependent on registration minimums.

KIDS CHALLENGE PASSPORT

The all new 2006 Passport to the Parks is filled with 12 fun activities for kids. All participants receive frisbees, and those that complete the Kids Challenge of trying six activities by December will receive a commemorative patch and carabiner compass.

Reg. Required: (510) 636-1684

Fee: \$8 (non-res. \$10)

PARK'N IT SUMMER DAY CAMP

8:30 am-4:30 pm, Mon-Fri

Jun 19-23, Oakland #11759

Jul 5-7, Pleasanton #11762

Jul 10-14, Richmond #11763

Jul 17-21, Antioch #11764

Jul 24-28, Antioch #11765

Jul 31-Aug 4, Fremont #11766

Aug 7-11, Fremont #11773

Park'n It is a one-of-a-kind adventure where you will explore the Regional Parks through field trips, art, swimming and play. Recreation leaders, naturalists, rangers and lifeguards will take you behind the scenes to discover nature's secrets. Kaiser Permanente is a partner of this fun-filled day camp, helping to promote healthy parks and healthy kids.

Reg. Required: (510) 636-1684

Fee: \$200 (non-res. \$220)

July 5-7 prorated: \$120 (non-res. \$132)

TEEN WEEKS

9am-4:30pm, Mon-Fri,

Jul 5-7 #11780, Aug 14-18 #11777,

Aug 21-25 #11779

Come hang out in the Regional Parks this summer! You will have the chance to try adventurous outdoor activities like mountain biking, kayaking, or fishing, as well as time to kick back at the beach with your

friends. You will earn community service hours helping with park projects. Your work will be rewarded with a BBQ!

Reg. Required: (510) 636-1684

Fee: \$175 (non-res. \$193)

July 5-7 prorated: \$105 (non-res. \$111)

TRAILS CHALLENGE & MAY MARATHON

You will receive the 2006 Guidebook with 20 of the best hikes in the East Bay Regional Park District, commemorative gear and the Trails Challenge T-shirt. Plus a gift. New this year, 2006 Trail bandanas are available for yourself or your canine friend for \$4. These programs are a great way to see new parks, be active and get healthy.

Kaiser Permanente is a major sponsor of the 2006 Trails Challenge. Program materials mailed beginning April 14.

Reg. Required: (510) 636-1684

Fee: Trails Challenge #11563: \$13

(non-res. \$15). May Marathon #11564

\$18 (non-res. \$20)

BASICS OF TROUT FISHING

Del Valle Marina

7-9am, Sat, Mar 4 #11714

Come join this class where participants introduced to the basics of trout fishing. You will learn about ecology, casting techniques, knot tying, fishing styles, proper gear selection, and the different types of bait. This class includes hands-on fishing. Equipment provided. 5+ yrs

Reg. Required: (510) 636-1684

Fee: \$19/\$15 (non-res. \$21/\$17)

LLAMA DAY HIKE

Redwood

10am-4pm, Sat, Mar 4 #11682, Sun,

Mar 5 #11683, Sat, Mar 25 #11684,

Sun, Mar 26 #11685, Sat, Apr 8 #11686,

Sun, Apr 9 #11687

Experienced llama packers will guide the 4-6 mile day hike (4-6 hours). Llamas carry your picnic lunches and personal items and you will have the opportunity to lead a llama for part of the trip while learning about handling, caring for, and packing with llamas. This is one of our most popular hikes! Come find out why!

Reg. Required: (510) 636-1684

Fee: \$35 (non-res. \$39)

INTRO TO GOLF

Tilden Golf Course

5-7pm, Thu, Mar 9 #11688

10am-noon, Fri, Mar 24 #11689

5:30-7:30pm, Wed, Apr 5 #11690

Learn the fundamentals of golf in a relaxed atmosphere. This introductory day teaches pre-shot fundamentals, terminology/equipment overview, and follow-up fundamentals. Instructors discuss how you can continue if you'd like to play the course. \$20 range card included. 14+ yrs

Reg. Required: (510) 636-1684

Fee: \$50 (non-res. \$56)

BEGINNING PORTRAIT PHOTOGRAPHY

Lake Chabot

8am-4pm, Sat, Mar 11 #11692,

Apr 22 #11693

Join us for a fabulous photography class. Posing, posture, expression, composition, light, and color will be thoroughly covered. Create studio-like portraits in the great outdoors by using the best light of all—the sun! ANY camera will do. Tell your friends! 15+ yrs

Reg. Required: (510) 636-1684

Fee: \$65 (non-res. \$73)

DISCOVER KAYAKING & 🌿

Current Adventures
Lake Chabot
11am-4pm, Sat, Mar 11 #11676
10:30am-2pm, Sat, Apr 22 #11677
The first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water from certified instructors. Beginners learn equipment selection and basic paddling techniques while touring Lake Chabot in a single kayak (doublets available upon request).

Reg. Required: (510) 636-1684

Fee: \$79 14-yrs/child 5-13 \$59

(non-res. \$87/\$65)

FULL MOON KAYAK & 🌿

Current Adventures
Lake Chabot
6-9pm, Sat, Mar 11 #11678
Get in-depth instruction for paddling in calm water. Participants will explore the lake during twilight and return to the marina as the moon rises. A brief introduction to the equipment and paddle strokes will be provided. Don't miss out! 5+yrs

Reg. Required: (510) 636-1684

Fee: \$59 (non-res. \$65)

INTRO TO FLYFISHING & 🌿

Fish First!
Lake Anza
10am-4pm, Sun, Mar 12 #11694
7am-1pm, Sun, Apr 16 #11695
The exciting and informative day is geared toward the beginning angler. Practice casting at Lake Anza with a certified fly-casting instructor. Then enjoy classroom instruction where you will learn knots, fly selection, reading the water, and more. Don't miss your chance to learn! 18+yrs

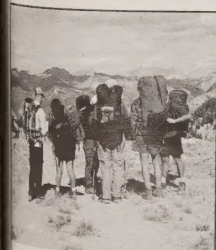
Reg. Required: (510) 636-1684

Fee: \$60 (non-res. \$66)

MOUNTAIN BIKE BASICS

FREE
Sun, Apr 16
11am-noon, Sat, Mar 18, Apr 15,
Apr 16

The "basics" class offered by the Bicycle Club Council of the East Bay: trail etiquette, trail rules, biking safety, basic maintenance, riding skills, and nutrition. Gentle introduces beginners to this great sport!
March 18: Lake Chabot. April 15: Diablo. April 16: Coyote Hills. RSVP to Mike Gray at strackmike@btcbec.org.



INTRO TO BACKPACKING & 🌿

Joe Stack
10am, Fri, Apr 21-1pm, Sun, Apr 23
#11727

Join us for an exciting three-day trek in Sonoma Regional Wilderness. Learn the fundamentals of backpacking in a safe setting. Topics include wilderness first aid, equipment, trail safety, camp location, hygiene, and cooking. Meetup meeting April 6, 5:30 p.m. at Lake Chabot. 10+yrs

Reg. Required: (510) 636-1684

Fee: \$84 (non-res. \$94)

BROOKS ISLAND KAYAKING TOUR

Ca. Canoe & Kayak
Richmond Harbor
10am-4pm, Sat, Mar 18 #11651,
Apr 15 #11653

Current Adventures
Richmond Harbor
11am-4pm, Sat, Apr 1 #11664

This guided, instructional kayaking trip is an easy paddle around the sheltered bay water with spectacular views of San Francisco—an excellent introduction to kayaking for beginners that includes instruction on paddle strokes and equipment. Paddle along to Brooks Island then come ashore to enjoy a guided 2-mile hike by Park Naturalist around this island's shoreline.

Reg. Required: (510) 636-1684

Fee: \$85 (non-res. \$95)

BEGINNING

SCENIC PHOTOGRAPHY & 🌿

Richard Beebe
1-4pm, Sat, Mar 18, R. Valley #11699
9am-noon, Sun, Apr 30 Briones #11701
Join us for a fun, outdoor-oriented class geared for the novice photographer and anyone interested in taking great pictures. You will enjoy a three-hour guided walk through one of our parks taking ample pauses to capture the scenery with your lens. March 18: Round Valley. April 30: Briones. 16+yrs

Reg. Required: (510) 636-1684

Fee: \$30 (non-res. \$34)

BEGINNING FLY CASTING & 🌿

Lois Kilburn
Shadow Cliffs
8:30am-1:30pm, Sun, Mar 26 #11691
Now is the perfect time! In the introductory class you will learn basic knots, the roll cast, pick-up and lay down cast, false casting and how to select equipment and set up your fly rod. The class is taught by a national champion tournament caster, Lois Kilburn. 15+yrs

Reg. Required: (510) 636-1684

Fee: \$60 (non-res. \$66)

STROLLER STRIDES & 🌿

Temescal Stroller Strides
10-11am, Tue & Thu, Mar 30, Apr 6, 13,
13, 18, 20, 25, 27 #11703

Are you a new parent? Are you looking to get back into shape? Do you want to meet other new parents? Stroller Strides is your solution! Classes consist of a Power Walk and body toning exercise using your stroller and your baby. In 60 minutes, you will get a total body workout improving your cardiovascular endurance, your strength and your flexibility. 16+yrs

Reg. Required: (510) 636-1684

Fee: \$96 (non-res. \$106)

BASICS OF BASS FISHING & 🌿

Mike Hawley
8-10am, Sat, Apr 8, C. Loma #11712
8-10am, Sat, May 14, S. Cliffs #11850

You will learn the basics of bass fishing including rigging, casting, knot tying, ecology and conservation, habitat, and fish behaviors. There will be fishing time to practice what you have learned. Gear provided. Fishing license is required for participants 16 and older. 5+yrs

Reg. Required: (510) 636-1684

Fee: \$19 16+yrs/\$15 5-15yrs

(non-res. \$21/\$17)

INTRO TO BAY KAYAKING & 🌿

Current Adventures
MLK Jr. Shoreline
11am-4pm, Sat, Apr 15 #11681

This INTERMEDIATE class is an in-depth focus on skills necessary to go paddling

on your own. Learn proper strokes and maneuvers, tide/current basics, and capsize recovery. The marshlands offer great opportunities for viewing shorebirds while you learn to navigate the bay environment. 10+yrs

Reg. Required: (510) 636-1684

Fee: \$85 (non-res. \$95)

FAMILY CAMPOREE! & 🌿

Del Valle
11am Sat-noon Sun, Jul 15-16 #11586,
Aug 5-6 #11587

Come spend the night with your family and friends at beautiful Lake Del Valle! These weekends are perfect for those with little or no camping experience. Activities may include hikes, arts & crafts, nature programs, campfire activities, night hikes and an outdoor movie! Come prepared to relax & enjoy nature with your family.

Reg. Required: (510) 636-1684

Fee: Adult 13+yrs \$16/

child 4-12yrs \$10

(non-res. \$18/\$12)

ARDENWOOD

Ardenwood is open Tues.-Sun. from 10am-4pm. House tours are available by reservation only (call 510-791-4196). Food service, blacksmithing demonstrations and horse-drawn train rides will return in April. Admission fees apply. For program and fee info: (510) 796-0663, awvist@ebparks.org or www.ebparks.org.

GATHERING OF THE

SCOTTISH CLANS & 🌿

Interpretive Staff,
East Bay Scottish Assoc.

10am-4pm, Sat, Apr 8
Celebrate Tartan Day and join in the pageantry as Scottish folk from all over the area gather their clans and celebrate their heritage. Enjoy bagpipe bands, highland dancing, traditional Scottish food, and historic re-enactments including Mary Queen of Scots and her Court. There will also be Clan Society exhibits and special Highland games for children.

Fee: \$8/\$5/\$5

ANIMAL FEEDING & 🌿

Interpretive Staff
Ardenwood
3pm, Every Thu-Sun

Help check the henhouse for eggs and bring hay to the livestock. You'll learn all the animals' favorite foods as you help shut the farm down for the evening.

BACKYARD COMPOST & 🌿

Jou Ching Chen
Ardenwood
11:30am-12:30 pm, Sat, Mar 4, 18
Compost is nature's best mulch! Learn how to turn garden waste and kitchen scraps into soil and fertilizer for your favorite planting projects this spring.

PREPARING

THE VEGETABLE GARDEN

Ardenwood
Gaeta Bell
1-3pm, Sat, Mar 4, 18
Let's put the final touches on our vegetable garden beds and get them ready for planting. Learn how to get your garden off to a healthy start.

FARM CHORES FOR KIDS & 🌿

Interpretive Staff
Ardenwood
11am-noon, Sun, Mar 5, 19, Sat, Apr 1, 29, Sun, Apr 23
Young farmers are invited to help with the morning chores. Roll up your sleeves and grind some corn, check the hen house

for eggs, and give the animals a morning snack.

POLE BEAN PLANTING & 🌿

Gaeta Bell
Ardenwood
1-2pm, Sun, Mar 5
It's time to plant our annual bean crop. Discover the history of garden beans and how they help improve your soil. Learn why some need support and others do not.

WHAT'S BREWING ON THE FARM: A HOME BREWING WORKSHOP & 🌿

Ira Bletz
Ardenwood
1-3pm, Sun, Mar 5, 12, 26 #11788
Discover the ancient art of homebrewing in this three-part, hands-on workshop. You'll boil wort, pitch yeast and explore the science of fermentation. Learn beer's incredible history and fascinating lore. We'll brew and bottle a special batch of Ardenwood ale for you to take home. 21+yrs

Reg. Required: (510) 636-1684

Fee: \$26 (non-res. \$30)

NATURE'S ART & 🌿

Eric Nicholas
Ardenwood
2-3:30pm, Sun, Mar 5
The wonders of nature are beautiful and complex; come and explore many of Ardenwood's habitats searching for nature's works of art. Afterwards we'll create our own art with nature's help. 5+yrs

FARMYARD SCAVENGER HUNT & 🌿

Jou Ching Chen
Ardenwood
11:30am, Sat, Mar 11
The treasures of Ardenwood are hidden all around, search out nature's secrets as we explore the habitats surrounding the farmyard and gardens. 5+yrs

LITTLE LAMBS & 🌿

Interpretive Staff
Ardenwood
1-2pm, Sat, Mar 11, 25
Little lambs are frolicking on the farm! Come see our babies play, feed the sheep a snack, and learn about wonderful wool.

ART AT ARDENWOOD & 🌿

Interpretive Staff
Ardenwood
2-3pm, Sat, Mar 11, 25
A farm is a wonderful place to get inspired. Join us for drawing, painting and poetry! We'll bring the art supplies, you bring the creativity.



Ardenwood's horsedrawn wagon

JOHNNY APPEESED DAY & 🌿

Fetterly, Interp. Staff
Ardenwood
11am-3pm, Sun, Mar 12
Join us in celebrating one of America's favorite folk heroes. In the spirit of Johnny Applesseed, we will begin the day by planting heirloom apple trees, then we will relax and enjoy a fun filled afternoon of cider pressing, stories, and apple tasting.



CORN PLANTING

Ardenwood Christina Garcia
2-3pm, Sat, Apr 15
Use antique equipment as you help plant the corn crop. Prepare the seed with the sheller and fanning mill, then try your skill with the corn planter in the field.

STROLLER PATROL

Ardenwood Eric Nicholas
11:30am-12:30pm, Sun, Mar 19, 26, Apr 2, 30
Join us for an invigorating 'stroll', and learn some little known farm facts. Wear walking shoes, bring water and dress in layers - we walk rain or shine.

POTATO PLANTING

Ardenwood Gaeta Bell
1-2pm, Sun, Mar 19
Join us in the garden as we plant this year's heirloom potato crop. Learn the fascinating history of this important food and why diversity is so important within our crops.

MR. POTATO HEAD

Ardenwood Eric Nicholas
2-3pm, Sun, Mar 19
We've planted the potatoes, now it's time to create a new 'old' friend. Build your own potato pal to take home and learn some little-known facts about this popular tuber.

SPRING PLANTING IN THE VEGGIE GARDEN

Ardenwood Sara Fetterly
11am-noon, Sat, Mar 25
The carrots and beets need your help! Lend a hand tilling soil, planting seeds, and marking beds for our heirloom vegetable garden. No experience required!

BARNYARD BUDDIES

Ardenwood Interpretive Staff
10:30-11:30 am, Sun, Mar 26, Apr 2, 11am-noon, Sat, Apr 15
Enjoy a morning with all your favorite barnyard pals. Feed the goats a snack, pet a bunny, greet the heifers and tickle a chicken (if you dare).

DYING FOR COLOR

Ardenwood Fetterly & Nicholas
1-2:30 pm, Sun, Mar 26
Come explore the colorful world of nature as we make dyes from things found on the farm. Bring a white shirt and make a rainbow of color to take home.

FOOL'S TOUR

Ardenwood Christina Garcia
1:30-2:30pm, Sat, Apr 1
Hear some freaky farmyard facts and curious customs from long ago sprinkled with a few tall tales. Can you catch the naturalist before she pulls the wool over your eyes?

YOUNG FARMER'S CLUB

Ardenwood Tara Reinertson
11:30am-1pm, Sun, Apr 2, 30, May 7
Discover the wonderful life of a farmer! This ongoing garden club is now recruiting members (ages 6-12 yrs) for the first and last Sundays of April and May. Plant seeds, flip compost, harvest veggies and enjoy the harvest of your earnest work.

WONDERFUL WORM WORKSHOP

Ardenwood Tara Reinertson
1-2pm, Sun, Apr 2
Delve into the virtues of vermicompost and find out how using a worm compost system at home can help reduce garbage waste and give your garden a nutritious boost.

TODDLER TIME

Ardenwood Ira Bletz
10:30-11am, Tue, Apr 4, 11, 25
Bring the tiny tots out for an exciting morning at the farm. Each day we'll meet and learn all about a new animal friend through stories, songs and games. April 4: Chickens, April 11: Goats. April 25: Rabbits. 1-4yrs

TO BEE OR NOT TO BEE

Ardenwood Tara Reinertson
Noon-1pm, Sun, Apr 9
Through stories, skits and songs children and adults will learn how bees collect nectar from flowers and why farms depend on bees to help produce much of our food.

BEESSWAX CANDLE-MAKING

Ardenwood Tara Reinertson
2-3pm, Sun, Apr 9
Slow down and relax as you step back in time and learn how to make candles out of the natural products from honey bees.

Fee: \$3

EGG DECORATING

Ardenwood Eric Nicholas
Noon-1:30 pm, Sun, Apr 16
Learn how natural dyes have played a part in the colorful history of egg decorating. We've got the hard boiled eggs and a full spectrum of colors donated by nature.

SEARCH FOR THE GOLDEN EGG!

Ardenwood Ira Bletz
1:30-2pm, Sun, Apr 16
It's somewhere on the farm! Listen for clues when you hear the bell clanging in the Farmyard. Whoever finds it, gets to keep it, and receives good luck all spring!

EASTER EGG ROLL

Ardenwood Bletz & Nicholas
2:30-3pm, Sun, Apr 16
A quirky 128 year old White House tradition comes to the farm. We have our own fabulous green lawn and big white house. Bring a picnic and enjoy holiday fun!

THIS OLD FARM

Ardenwood Interpretive Staff
11am-noon, Tue, Apr 18, Wed, Apr 19
Experience life in Victorian times. Get washboard lessons at the old-fashioned laundry, grind corn, and feed the goats. There's a lot to do on this old farm.

GROOVY GRASSHEADS

Ardenwood Interpretive Staff
1-2pm, Tue, Apr 18, Wed, Apr 19
If you like chia pets, then you will LOVE making groovy grassheads. Use the farm's seeds for your creation. You can even give these crazy characters a haircut.

SPRING BREAK AT ARDENWOOD

Ardenwood Interp. Staff, Docents
10am-2pm, Thu, Apr 20, Fri, Apr 21
The kids are off school and what do you do? Come to Ardenwood! Spring has arrived bringing baby animals, beautiful flowers, and fun farm activities. Enjoy demonstrations of old-fashioned activities such as spinning wool, then wear the kids out with corn grinding, animal feeding, and farmyard games. See April 18 & 19 for additional Spring Break programs.

MONARCH

Ardenwood Christina Garcia
10am-noon, Sat, Apr 22 #11829
Celebrate Earth Day by helping to improve our monarch butterfly overwintering site. Several pests from Australia have damaged the eucalyptus groves that are the key to monarch survival. You'll help ensure the monarchs' continued return to the farm by planting trees, weeding and clearing brush. 8+yrs

Reg. Required: (510) 636-1684

EARTH DAY RESOLUTION

Ardenwood Christina Garcia
1:30-2:30pm, Sat, Apr 22
Get ideas for things you can do to help lighten your impact on the environment. Choose one, then make a beautiful earth suncatcher to remind you of it every day.

JUNIOR VICTORIAN EXPLORERS

Ardenwood Nicholas & Twomey
1:30-3pm, Sun, Apr 23 #11831
Come explore the wilds of Ardenwood in a children's program designed to teach nature observation skills including use of binoculars, tracking and field drawing. Get up close and personal with the farm's 'wild side.' Be prepared to have fun in the mud! 7-12yrs

Reg. Required: (510) 636-1684

AN EVENING WITH THE STARS

Ardenwood Fetterly & Nicholas
7:30-9pm, Fri, Apr 28
Spend an evening with the stars and planets. Learn about the universe with hands on activities and telescope viewing. Chairs and refreshments provided. Personal telescopes welcome.

BIG BUTTER BATTLE

Ardenwood Christina Garcia
1:30-2:30pm, Sat, Apr 29
Ready, set, churn! Meet a cow and learn how butter is made. Join a team to see who can make this dairy delight the fastest; then taste it on warm bread.

ABOUT TO SPOUT

Ardenwood Eric Nicholas
2-3pm, Sun, Apr 30
Spring is here and now is the time to pick your favorite garden seeds and sprout them. Come learn how to prepare your seeds and take home some of ours.



GREATHOUSE VISITOR CENTER

Greathouse Visitor Center Interpretive Staff
10am-4:30pm, Sats & Suns
March-Nov.
View the workings of a 20th-century sand mine and learn about the life of 19th-century coal miners in the Greathouse Visitor Center. Artifacts and photographs are displayed and a video featuring former Mt. Diablo Coalfield residents is shown. Info: (925) 757-2620

BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road, Antioch. For info call (925) 757-2620; email bvdvisit@ebparks.org.

HAZEL-ATLAS SILICA-SAND MINE TOUR

Hazel-Atlas Mine
Various times, weekends, Mar-Nov.
Explore the underground through a guided tour and learn its history, geology, the methods used to mine the sands. An hour-long advanced reservation tour is offered at 11a.m., 1 p.m., and 2 p.m. weekends through November. A 10a.m. tour is available to groups of 10 or more weekends. First come/first served; only. Must be at least 7 years old; no participation required.
Reg. Required: (510) 636-1684
Fee: \$3

HISTORY OF HOT CHOCOLATE

Black Diamond Sabrina Dumas
5:30-7:30pm, Sat, Mar 4 #11569
Join us around the campfire as we walk way through history to discover the story of this popular drink.
Reg. Required: (510) 636-1684
Fee: \$5 (non-res. \$7)

WILDFLOWER WATCH

Black Diamond Sabrina Dumas
9am-noon, Thu, Mar 9, 23, Apr 6, 20, May 4
Beautiful blooming wildflowers cover the park for weeks each spring. Experience all or part of this colorful show as we regularly to enjoy and identify the flowers. Mark the different stages of spring.
Reg. Required: (925) 757-2620

TRICKS OF TRACKING

Black Diamond Sabrina Dumas
2-3pm, Sat, Mar 11 #11575
Discover who's been walking through the park or through the trees. Identify animals you can't see by looking at their footprints. We'll make a tracking booklet, practice skills, and craft a track to take home.
Reg. Required: (510) 636-1684
Fee: \$3



FLOWERING FLORA

Black Diamond Sabrina Dussau
10:30-11:30 am, Sat, Mar 18
Sit back, relax, and enjoy the glory of spring. View slides of local bloomers, refresh identification skills and learn where to find these flowering delights. Meet at Greathouse Visitor Center.

SOMERSVILLE VAN & MINE TOUR

Black Diamond Bob Kanagaki
10am-noon, Sat, Mar 18 #11576
1:30pm, Sat, Mar 18 #11577
10am-noon, Sat, Apr 15 #11578
1:30pm, Sat, Apr 15 #11579
Avoid the muddy trails as we chauffeur you through the Somersville town site to the Hazel-Atlas Mine. We'll review the history of this secluded valley and venture underground to visit the work of 19th- and 20th-century miners. 55+ yrs
Reg. Required: (510) 636-1684
Fee: \$3

CHAPARRAL IN SPRING TIME

Black Diamond Sabrina Dussau
1:30-3:30pm, Sat, Mar 18
This important habitat is all dressed up to welcome back the warming sun. Enjoy the beautiful spring fashions of ceanothus, pantbrush, and shooting stars.

KNOBBERS

Black Diamond Sabrina Dussau
3:30-5:30pm, Thu, Mar 23 #11588,
Apr 20 #11589
Knobbers were 19th-century children who worked with coal miners. Today, Knobbers is an opportunity for modern day kids to play and learn in the outdoors. Adventures vary each month taking us over hills, underground, and back in time. 8-12 yrs
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

MINES, MINERS AND MINERALS

Black Diamond Bob Kanagaki
9-11:30am, Sat, Mar 25 #11590
Follow in the footsteps of 19th- and 20th-century miners as we hike Chaparral Loop and Lower Chaparral Trail and venture underground into the Hazel-Atlas Mine. Parent participation required. 7+ yrs
Reg. Required: (510) 636-1684
Fee: \$3

CANDLESTICKS TO CAPLAMPS

Black Diamond Bob Kanagaki
2-3pm, Sat, Mar 25
Learn how miners illuminate their work deep in the earth as we demonstrate some 19th-century high-tech lighting. Meet at Greathouse Visitor Center. 7+ yrs

ROSE HILL CEMETERY

Black Diamond Bob Kanagaki
10am-2pm, Sat, Apr 1
Spend an hour or a day sprucing up a 19th-century cemetery and help preserve part of Contra Costa County's history. Rain cancels. 8+ yrs

MANHATTAN CANYON TRVERSE

Black Diamond Bob Kanagaki
10am-2pm, Sat, Apr 8
Hike up a flower-filled canyon loaded with history as we cross Chaparral Loop, Manhattan Canyon, Black Diamond, and Nortonville Trails.

Reg. Required: (925) 757-2620

ABOUT AND ABOVE NORTONVILLE

Black Diamond Mike Moran
9am-1pm, Sun, Apr 16
Explore Nortonville, site of the county's once-largest town. Photos and tales will weave some of the region's fascinating history. Black Diamond Trail will carry us four-plus hilly miles into spring flowers and stunning vistas. This is a Trails Challenge hike!

Reg. Required: (925) 757-2620.

BUS TO THE BLOOMERS

Black Diamond Kanagaki, Dussau
9am-1pm, Sat, Apr 22 #11595
Climb in the van and journey out to the park's eastern edge for a day of picnics and wildflowers. We'll walk up to two moderate miles in search of rare flowering delights. 18+ yrs

Reg. Required: (510) 636-1684

RETURN OF THE OVER-THE-HILLS-GANG

Black Diamond Dave Zuckermann
10am-noon, Tue, Apr 25
Hikers 55 years and older who are interested in nature, history, fitness and fun are invited to join us as we explore spring wildflowers and mining history on this three-mile walk.

MEMORIES IN MARBLE

Black Diamond Bob Kanagaki
12:30-4:30pm, Sat, Apr 29
Drop in for a few minutes or stroll through Rose Hill Cemetery. We'll share stories of life and death in California's largest coal mining area. Meet at the cemetery.

COYOTE HILLS

The Coyote Hills Visitor Center, open Tue.-Sun. 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. For information call (510) 795-9385 or email chvisit@ebparks.org.

SHELLMOUND TOUR

Coyote Hills Kristina Parkison
9:30-11:30 am, Sat, Mar 4 #11518
The Tuibun Ohlone called Coyote Hills home for thousands of years. Join us as we visit a rare resource—a prehistoric Native American site! Learn about their culture, lifestyle and games as we walk to the village and explore the structures.

Reg. Required: (510) 636-1684

Fee: \$2 person/\$5 family

MARSH MYSTERIES

Coyote Hills Kristina Parkison
1-3pm, Sat, Mar 4
Be it a swamp? Be there alligators? Our marsh harbors many mysteries. Join us on this walk as we reveal the hidden secrets of wetland plants and animals. 6+ yrs

AMAZING AMPHIBIANS

Coyote Hills Megan Justus
10-11am, Sun, Mar 5, Sat, Apr 8
Salamanders, frogs and newts oh my! Learn all about these fascinating creatures that live on land and in water. Enjoy the chance to make your own "stained glass amphibian." 6+ yrs

ON A CLEAR DAY YOU CAN SEE FOREVER

Coyote Hills Chris Sulots
9-10am, Sun, Mar 12
Travel back in time on the top of Coyote Hills with a 360 degree view, trying to imagine what the Bay Area may have looked like millions of years ago. 6+ yrs

INTRODUCTION TO OHLONE BASKETRY

Coyote Hills Ortiz, Bachmann
10am-noon, Sun, Mar 12
After a decades-long break, several Ohlone have renewed their ancestral basketry traditions. You'll learn about the materials, techniques, and cultural context of Ohlone basketry past to present.

OHLONE VILLAGE SITE OPEN HOUSE

Coyote Hills Ortiz, Bachmann
1:30-4:30pm, Sun, Mar 12
Walk to a 2,000-year-old Tuibun Ohlone village site and find out how its residents balanced human needs with that of the land. There will be an Ohlone-style basketry demonstration.

OPEN NECTAR GARDEN

Coyote Hills Kristina Parkison
12:30-3pm, Sat, Mar 18,
1-3pm, Sat, Apr 1
Visit the nectar garden as it wakes up for spring! Here's your chance to see monarchs dance, birds sing and learn a bit about gardening with nectar plants.

CENTRAL CALIFORNIA INDIAN COILED BASKETRY

Coyote Hills Beverly Ortiz
7-9:30pm, Thu, Mar 23, Apr 27, May 25,
Jun 15, Jul 27
9:30am-3pm, Sun, Apr 23 #11367
Learn the basics of Central California Indian coiled basketry using sedge, willow and redbud, then make your own basket using Sierra Mewuk techniques. In April we'll gather sedge and willow. You'll gain a deeper understanding of the complex relationships that linked people to this place for 12,000 years. 18+ yrs
Reg. Required: (510) 636-1684
Fee: \$120 (non-res. \$132)

FASCINATING FOSSILS

Coyote Hills Megan Justus
10-11am, Sat, Mar 25, Sun, Apr 16
Learn how time makes an impression and make your own. Create a fossil and learn about nature's timelessness and animals leave marks in the earth's crust. 6+ yrs

COYOTE CUBS

Coyote Hills Kristina Parkison
10-11:30am, Tue, Mar 28 #11527, Apr 11 #11529
2-3:30pm, Tue, Mar 28 #11528, Apr 11 #11530
Coyote Cubs is offered in the afternoon as well as the morning. Both programs are the same subject. Explore the natural world in a hands-on way as we focus on different natural history subjects each month through stories, games, and crafts. **March:**

Yucky Biology. April: Coyotes—Bring your little ones out for fun in the park! 3-5yrs
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

ALAMEDA CREEK BY BIKE

Coyote Hills Kristina Parkison
9am-noon, Sat, Apr 1 #11531
This flat, easy 20-mile round trip bicycle ride is a great way to see bird life along the creek and get some great exercise! Bring binoculars to spy on the various animals we'll see as we cruise by. 16+ yrs
Reg. Required: (510) 636-1684

ARCHAEOLOGY, PRESERVATION AND YOU

Coyote Hills Chris Sulots
11am-noon, Sun, Apr 16
Come and see a slide show and presentation on hunter/gatherer cultures of the Coyote Hills area and Northern Japan, and discuss archaeology and the preservation of culturally important sites. 6+ yrs

CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-4:30 p.m. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email ccove@ebparks.org.

HERSTORY OF THE BAY

Crab Cove Bethany Facendini
10am-2pm, Sat, Mar 4 #11643
Celebrate International Women's Day on this leisurely walk along the Bay Trail! We will honor women of the past and present whose environmental consciousness has made a difference in our community. Bring a lunch item to share. Tea and sweets will be provided after the excursion. 18+ yrs
Reg. Required: (510) 636-1684
Fee: \$3

BEACH CLEAN UP

Crab Cove Interpretive Staff
1-2pm, Sat, Mar 4, 25, Apr 1
Noon-1pm, Sat, Apr 22
Come lend a hand, earn community service hours (for students), and make the Bay shoreline safer for the animals that live or visit here! Bring gloves and wear sturdy shoes to participate. Children must be accompanied by an adult.

CATCH OF THE DAY

Crab Cove Interpretive Staff
2-3pm, Sun, March-April
Do you wonder what critters make their homes in the rocky shore or mud flats? Know the birds by name? Watched a snake slither or a turtle hide in its shell? Well, come by the visitor center to find out what our topic of the day is and participate in a program that'll have you exploring and getting close to the world of nature!

CREATURES OF THE BAY

Crab Cove Bethany Facendini
2:30-4pm, Sat, Mar 11
From crabs to bat rays and shorebirds to snails, there's a lot to explore at the Cove. This is a bilingual (Spanish/English) program. ¡Vengan a descubrir la vida fascinante del estuario con la familia! De los cangrejos a las rayas murciélagos y hasta las aves a los caracoles. Hay mucho para explorar en los habitats a la cala. Para mas informacion sobre el programa bilingue, favor de comunicarse con Betania al tel. (510) 521-6887.

SPRING INTO THE COVE

Crab Cove Bethany Facendini, Stack
10am-2pm, Wed, Mar 22

A fun-filled day of discovery on the Bay especially for adults with developmental disabilities and their companions! Come explore marine life during a low tide walk, participate in recreational activities, and meet new friends. 18+yrs

SEA SIBLINGS

Crab Cove Bethany Facendini
9:30-10:30 am, Tue, Apr 4 #11660,
18 #11662, 11am-noon, Tue, Apr 4
#11661, 18 #11663

Join us for exploration of the natural world and a theme related craft! Sea Siblings is especially designed for 3-5 year olds providing the option of inviting a 1-5 year old sibling or friend. All children pay the course fee. **April 4:** Seal Surprises—Come learn about the fascinating lives of these marine mammals. **April 18:** Earth Action—Discover how YOU can be the pollution solution.

Reg. Required: (\$10) 636-1684

Fee: \$4

ALAMEDA'S SPRING

EGG SCRAMBLE

Crab Cove Interpretive Staff
10am-4pm, Sat, Apr 8

Celebrate the season! Join Alameda Parks and Recreation, Alameda Rotary, and Crab Cove, for the annual "Spring Egg-Hunt" along the shore of the Bay. Crown Beach: 10 a.m.—nature crafts and exhibits plus family activities. 11:30 a.m. Spring egg-hunt. Crab Cove: Ongoing nature crafts/games. 1 p.m.—Dive into S.F. Bay. 1:30 p.m.—Mudflat and rocky shore exploration.

ESTUARY EXPLORERS

Crab Cove Bethany Facendini
3:30-5pm, Thu, Apr 13 #11679, Apr 27
#11680

Estuary Explorers is designed for 6-8 year olds and includes outdoor exploration and a theme-related craft and a snack. Parents/guardians are encouraged to drop off their child for an independent nature experience with naturalist guidance. **April 13:** Seal Surprises. **April 27:** Earth Action.

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

SEA SQUIRTS

Crab Cove Bethany Facendini
10-11:30am, Tue, Apr 18 #11673, 25
#11675

Sea Squirts is exclusively for 3-5 year olds accompanied by an adult. Each program offers outdoor exploration, and a theme related craft and snack. See our Sea Siblings program if you prefer to have 1-5 year olds join their 3-5 year old siblings. **April 13:** Seal Surprises. **April 25:** Earth Action.

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

LOW TIDE AT CRAB COVE

Crab Cove Interpretive Staff

10am-noon, Sat, Apr 29
9-11am, Sun, Apr 30
It's a really low tide, so dress to get muddy. We'll find out who lives under the rocks in this low tide exploration.

POND DISCOVERY LAB

Crab Cove Bethany Facendini
1-3:30pm, Sat, Apr 29

Discover our mini-watershed and local wild place! Find out what makes this a watershed and what you can do to keep the Bay healthy. Learn about this fascinating ecosystem!

SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svisit@ebparks.org.

VALLEY NATURE RIDE

Sunol Interpretive Staff
9-9:45am, Sun, Mar 5 #11749
10-10:45am, Sun, Mar 19 #11750, Apr
2 #11751, 16 #11752

Enjoy an introduction to the cultural and natural history of Sunol, then mount up for a 20-minute guided horseback ride. Parent participation required. 6+yrs

Reg. Required: (\$10) 636-1684

Fee: \$17 (non-res. \$19)

OUTDOOR DISCOVERIES

Sunol Colbert & Taylor
10-11:30am, Thu, Mar 9 #11732,
16 #11733, 23 #11734, 30 #11735,
Apr 6 #11736, 13 #11737, 20 #11738,
27 #11739

Children and an adult friend are invited to make wild adventurous discoveries in the wilderness together. **March 9:** What In the World is a Mammal? Can mammals lay eggs? Can they fly? Learn what it takes to be a mammal and take a look at some of their chompers and stylish outer-wear. **March 16:** Where are all the animals and how do we know that they live here in the wilderness? We'll prow

around searching for signs of life as we play critter detective and learn about scats, tracks, trails, and holes. **March 23:** Springtime Sprouts: Winter rains have made the plant babies burst from their seedy little homes in the soil. We'll try our hand at making some seeds grow. **March 30:** Reptile Rendezvous: Ever had a staring contest with a snake? Ever try to smell with your tongue? Delve into the cold-blooded world of reptiles. **April 6:** Pollination Puzzles: Bees are a-humming, flowers are a-smelling, and we'll go a-hunting the fragrant, noisy and colorful mysteries of pollination. **April 13:** Eggciting Eggcellent Egg-Spring is a time of renewal and egg-layers are all around us starting families. Today we'll use Mother Nature's colors in order to dye our springtime eggs. We'll conduct some cool egg-speriments and make some amazing shell designs. **April 20:** Birds in the Bushes—There's towhees in the bush and orioles in the treetops. We'll watch them fly and listen to them sing as we learn what makes them tick. **April 27:** Six-Legged Wonders—Delve into the jumping, crawling, creeping, buzzing world of insects. Try to put yourself in their exoskeleton. 3-5yrs

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

CATWALK-PEAK PANORAMA

Sunol Cat Taylor
9am-4pm, Sat, Mar 11 #11753

We'll spend the morning climbing the backside of Mission Peak looking for signs of winter and coming spring. We'll lunch at the top as we enjoy the view. 10.5 miles round-trip, moderately strenuous. 10+yrs

Reg. Required: (\$10) 636-1684

Fee: \$2 Ohlone Wilderness Permit



CATWALK-FLAG HILL

Sunol Cat Taylor
8am-noon, Sat, Mar 18

We'll ascend Flag Hill and explore its rich history along a 3.5 mile round-trip journey. Be prepared for possible mud and steep uphill and spectacular views. Bring lunch and water. 7+yrs

SCIENCE FOR TYKES

Sunol Cat Taylor
2-3:30pm, Sat, Mar 18 #11755

Budding scientists and their families are invited on a series of science programs set in an exciting outdoor laboratory. Today: Nibbling on Nature—we'll become ethnobotanists as we discover the bounty of Mother Nature. We'll brew tea and gather fixings for a leafy feast. 4-8yrs

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

WILDERNESS TREKKERS

Sunol Katie Colbert
4:30-6:30pm, Tue, Mar 28 #11756
4-5:30pm, Fri, Apr 14 #11757

Kids are invited to explore the springtime wilderness and the mysteries of new knots, snake snoozing and bird babies. (Grades K-6) **March 28:** Early Spring Hike—We'll look for amphibians and reptiles as we explore their creekside and hillside haunts. **April 14:** Eggcidentally eggciting afternoon of investigating eggs. We'll use Mother Nature's natural colors to dye our springtime eggs. **April 20:** 'Tis the season for bluebirds and wood ducks to be crafting nests and laying eggs. Let's check their nest boxes to see if their family business is on schedule!

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

ECO-EXPLORERS:

HIGH VALLEY ADVENTURE

Sunol Cat Taylor
9am-1pm, Sat, Apr 1 #11776

Adventurous kids grades 3-7 and their parents are invited on this new series to explore different parks for unique up-close, hands-on adventures. We'll hike the hills for a 3-mile jaunt along Indian Joe Creek to the Cave Rocks, High Valley Pond, and down Hayfield Road.

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

SPRING

WILDFLOWER FESTIVAL

Sunol Cat Taylor
11am-4pm, Sat, Apr 8

The hills are alive with wildflowers! Celebrate spring at our annual Wildflower Festival. Enjoy a wildflower hike, view colorful slideshows, make a craft or two or three or more, play nature games and learn about the diversity and complexity of the blooms around us. Hikes vary in their destinations

and length. The final hike of the day will take us past serpentine outcrops at Little Yosemite. Fee for some crafts.

TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Life Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

KIDS GARDEN CLUB

Tilden Nature Area Gargano, Ho
2-April, Sat, Mar 4 #11534, 18 #11535

An exciting club for children ages 7-12 exploring the world of gardening. We plant, harvest, build, make crafts, cook and get dirty! Themes and activities vary.

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

MARCH AROUND THE LAKE

Tilden Nature Area Interpretive Staff
2-3:30pm, Sun, Mar 5

Explore our small watery "jewel" for signs of spring and discover who lives at the lake.

MINI-FARMERS

Tilden Nature Area Interpretive Staff
10-11:30am, Sat, Mar 11 #11539,

Apr 8 #11540

A farm exploration program for kids age 4-6 years. We'll explore the Little Farm care for animals, do crafts and try some farm chores. Dress to get dirty!

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

WEATHER WHIZZES

Tilden Nature Area Annie Down
11am-12:30pm, Sun, Mar 12 #11541

Who needs the weather man? We'll make our own tools to measure the wild weather and test them outside. 7-11yrs

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

FROG CHORUS

Tilden Nature Area Interpretive Staff
1-2:30pm, Sun, Mar 12

Our hoppers are singing with happiness about the season. Learn about their life cycle and where they live and thrive.

TILDEN TOTS

Tilden Nature Area Linda Yemoto
10-11:30am, Wed, Mar 15 #11543,

Thu, Mar 16 #11544, Wed,

Apr 19 #11545, Thu, Apr 20 #11546

Join an outdoor, nature adventure program for 3 & 4 year olds, each accompanied by an adult (grandparents welcome). In March we'll learn about the water cycle. In April we'll look for signs of spring.

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

SPRING IN THE GARDEN

Tilden Nature Area Interpretive Staff
1-2:30pm, Sun, Mar 19

Celebrate the season preparing the garden for warmer weather. Identify local butterfly species and learn to give them what they need, even in your own backyard!

TILDEN EXPLORERS

Tilden Nature Area Linda Yemoto
3:15-4:45pm, Wed, Mar 22 #11548,

Apr 26 #11549

Join an after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No younger siblings please. In March we'll learn about weather; in April we'll explore the seasons.

Reg. Required: (\$10) 636-1684

Fee: \$6 (non-res. \$8)

MAKE YOUR OWN ROPE! 🧶

Tilden Nature Area Gina Gargano
2-3:30pm, Sat, Mar 25 #11550
Explore the wonderful world of rope-making and learn its exciting history. We'll learn to create rope from various natural fibrous materials. You'll even make some of your own to take home. 7-12yrs
Reg. Required: (510) 636-1684
Fee: \$3

EARLY BLOOMERS

Tilden Nature Area Interpretive Staff
11:30am, Sun, Mar 26
Find the earliest of spring flowers like curran and trillium on an easy hike through the canyon.

SPRING FORWARD

Tilden Nature Area Interpretive Staff
11am-noon, Sun, Apr 2
Today is the start of Daylight Savings Time; don't forget to change your clocks and meet for a spring walk in the Nature Area. Plants and animals won't be late.

TODDLER NATURE WALK

Tilden Nature Area Linda Yemoto
2-3pm, Sat, Apr 8
Inviting all non-napping toddlers and their grown-up friends to join us on a nature adventure! This outdoor nature program is especially for 2-3 year olds. We'll discover different animal habitats.

GARDEN GLORY

Tilden Nature Area Interpretive Staff
1-3pm, Sun, Apr 9
Walk through our native plant butterfly garden to catch a glimpse of a colorful "jewel" or lend a hand pulling weeds. We'll provide gloves, you provide the muscle.

HOLIDAY EGG COLORING—NATURALLY! 🥚

Tilden Nature Area Gina Gargano
11:30am, Sat, Apr 15 #11556
Did you know that you can make natural dyes from beets, red onions and even coffee grounds? Come learn this eco-friendly way to color your holiday eggs and experiment with your creativity. We'll provide the dyes and decorating materials, but bring your own hard-boiled eggs. 7-12yrs
Reg. Required: (510) 636-1684
Fee: \$3

SPRINGTIME IN THE PONDS

Tilden Nature Area Interpretive Staff
2-4pm, Sun, Apr 16
See babies of dragonflies, phantom midges and maybe even newts! Use nets and magnifying glasses to study them up close before we put them back to grow up.

TURTLE TIME FOR ALL 🐢

Tilden Nature Area Interpretive Staff
1-3pm, Sun, Apr 23
Meet, greet and touch some of our awakening reptiles. Learn the differences between our residents and the native species who live in Jewel Lake.

OPEN THE FARM 🐔

Tilden Nature Area Interpretive Staff
9:10-10:30am, Sat, Apr 29
Greet the animals as we feed them, collect eggs and do a few morning chores on the Little Farm. Dress to get dirty.

WONDEROUS WILDFLOWERS 🌸

Tilden Nature Area Interpretive Staff
2-4pm, Sun, Apr 30
Stop to smell the flowers on this easy stroll through the Nature Area to see what's blooming and blooming.

VARIOUS PARKS

DOCENT-GUIDED GARDEN TOURS

Botanic Garden Staff
2pm, Saturdays & Sundays
Learn about California native plants on free, docent-guided tours at the beautiful, naturalistic 10-acre Botanic Garden in Tilden Regional Park. Wildcat Canyon Road and South Park Drive. Just show up. www.nativelands.org (510) 841-8732 South Park Drive closed Nov.-March.

CARQUEZ SHORELINE: FROM RIVERS TO SEA

C.C.Co. Historical Center Interp. Staff
9am-4pm, Tue, Wed, Thu through March
The Contra Costa County Historical Society and East Bay Regional Park District present a display focusing on the colorful history of the Regional Parks along Carquinez Strait. Discover how fishermen, factories, and ferries shaped our local history. The History Center is at 610 Main Street in Martinez. For information call (925) 229-1042.

WEDNESDAY WALKS

Various Locations Christina Garcia
9:30-11:30am, Wed, Mar 1, Mar 15, 22, Apr 5, 19, 26
Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water and dress for the weather - we walk rain or shine. For more information, please call (510) 796-0199. **March 1:** Alameda Creek. Discover a beautiful pond in the historic Niles District on this easy 4.5-mile walk along Alameda Creek. The trail is flat and paved. Meet at the Isherwood Staging Area off of Paseo Padre Parkway in Fremont. **March 15:** Mission Peak. Today we go to the top! A very strenuous climb up this south bay landmark. Bring plenty of water and snacks for this 6-mile adventure. Meet at the Stanford Ave. staging area. **March 22:** Sibley Volcanic Reserve. Journey to the heart of a volcano with naturalist Sara Fetterly on a moderate 2.5 mile loop. Not enough exercise for you? A second more rigorous hike will also be offered on this day. Following the Sibley loop hike we will hike a section of the Bay Area Ridge Trail, from Sibley to Tilden (steam trains area) and back-strenuous 5 mile hike. **April 5:** Las Trampas. View spectacular scenery on a steep 4 mile hike up to Rocky Ridge. Meet at the staging area at the end of Bollinger Canyon Road. **April 19:** Hayward Shoreline. View the abundant shorebirds and waterfowl that congregate here along the shore of the Bay. An easy 3-mile loop through Cogswell Marsh. No Dogs, please. Meet at the west end of Winton Ave. **April 26:** Summit. Let's look for spring wildflowers on the hills of this beautiful wilderness park. Our somewhat strenuous 3 mile hike will also take us to Little Yosemite. Meet at the second parking lot on the left.

NEARBY COMMUNITIES 🌿

Carquinez Strait Sabrina Dussau
1-3pm, Sat, Mar 4 #11601
Discover three plant communities that call this historic landscape home. We'll hike one steep mile as we discover how these natural communities have historically shaped our urban communities.
Reg. Required: (510) 636-1684

WHALE WATCH BY BOAT 🐳

Pillar Point Interpretive Staff
9:30am-12:30pm, Sun, Mar 5 #11702,
12 #11708, Sat, Mar 18 #11709,
25 #11710
Gray whales, our state marine mammal, are migrating northward. Their route hugs our coastline so just a short boat cruise places us in viewing territory. Enjoy a morning at sea with our expert naturalists, looking for these magnificent creatures. We may also see seals, sea lions, otters, and a variety of birds. NOTE: Our pre-trip orientation (Course #11633) takes place Friday, February 24, 6-7pm. Sign up now! 8+yrs
Reg. Required: (510) 636-1684
Fee: \$36 adult/\$30 seniors 62+ and child 8-17 (non-res. \$40/\$34)

A WETLAND WANDER

Big Break Mike Moran
10am-1pm, Sun, Mar 5
Witness the late winter busy-ness in the lush wetlands of the California Delta. We'll stroll 3.5 miles on a flat trail and take in this rich riot of feather, fur, and flora.
Reg. Required: (925) 757-2620

WOMEN ON COMMON GROUND

Various parks Colbert, Yemoto, Herron
Various dates and times
This is a series of naturalist-led programs for women who love to hike, camp and play in parklands, but whose concern for personal safety keeps them from enjoying their parks. For a flyer, email wsvit@ebparks.org, call (925) 862-2601 or write Sunol Regional Wilderness, P.O. Box 82, Sunol, CA 94586. **March 10:** Moonlight Below Volmer Peak - We'll chase moonbeams as we ring in the spring along grassland trails. Some up-and downhill on our 3 mile hike.



VASCO REGIONAL PRESERVE TOUR 🌳

Vasco Regional Preserve Interpretive Staff
8:30am-1pm, Sat, Mar 11
#11603, Sun, Mar 19 #11604,
Thu, Mar 30 #11605, Sat, Apr 8 #11606, Fri, Apr 14 #11607,
May 6 #11608, 14 #11609,
27 #11610, Jun 7 #11611, 10
#11612, 18 #11613
Behold Vasco's spectacular rock outcrops, vernal pools, endangered amphibians, and fairy shrimp. This is habitat for eagles and various nesting and migrating raptors hunting bountiful prey in robust restored grasslands. Archaeological sites contain Indian rock art, part of a complex reaching back nearly 10,000 years. This Preserve is accessible through guided tours only, staging from Round Valley Regional Preserve aboard District-provided buses.
Reg. Required: (510) 636-1684
Fee: \$28 (non-res. \$32)

Meet at the Steam Trains. Register by noon, March 9. **April 1:** April Foolishness (Brienes)-We'll investigate wildflower lures and bumblebee urges and other tricks Mother Nature may have up her springtime sleeve. Four miles. Some up-and downhill. Meet at the Bear Creek entrance. **April 23:** Springtime at Vasco-This dramatic, rock-studded landscape is rich in cultural history and is vital habitat for kit fox, fairy shrimp and other imperiled wildlife. Access to this very special place is available only via chartered shuttle on a limited number of naturalist-guided programs. Three miles. 18+yrs
Reg. required for Vasco hike: (510) 636-1684; Fee: \$28 (non-res. \$32)
Reg. Required for other hikes: (925) 862-2601

ANIMAL FACTS AND FABLES 🐾

Lake Chabot Bethany Facendini
10-11:30am, Sat, Mar 11
Are bats really blind? Do raccoons wash their food? Are owls wise? Come search for the answers to nature's curiosities during a discovery hunt for the entire family.

ECO-EXPLORERS: WOODDUCKING 🦆

Del Valle Cat Taylor
4-6pm, Fri, Mar 17 #11775
Adventurous kids and their parents are invited to collect data for our wood duck nesting box project. We'll climb ladders and peek into boxes to see if anyone is "home" and count eggs if we find any. Grades 3-7.
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

CANINE CAPERS 🐕

Garin Kristina Parkison
8-11am, Sat, Mar 18 #11533
Explore the incredible beauty of Garin with your best four-legged friend! Well-mannered furry citizens are invited to this on-leash hike through beautiful canyons to soaring vistas. This old farming and ranch land is still home to free range cattle, so be prepared for possible interactions. 8+yrs
Reg. Required: (510) 636-1684

BROOKS ISLAND VOYAGE 🚢

Brooks Island Interpretive Staff
10am-2pm, Sun, Mar 19 #11623,
Sat, Apr 29 #11624
Paddle the rising tide across the Richmond Harbor Channel to Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own canoe or kayak, and safety gear. Parent Participation is required. 14+yrs
Reg. Required: (510) 636-1684
Fee: \$20 (non-res. \$22)

SENIORS WITH JUNIORS NATURE HIKES 🥾

Redwood, Chabot City Park
Naturalist Nancy
3:30-5pm, Sun, Mar 19, 26
You bring curiosity and a favorite youngster. I'll do the rest. Improve body and mental fitness on these gentle nature walks.
March 19: Racous Redwood Lumber Camps: meet at Redwood Bowl Parking Lot at Redwood Regional Park. **March 26:** Digging for "gold." Meet at San Leandro's Chabot City Park. 6+yrs

MARTINEZ WATERFRONT WALK

Martinez Shoreline Bob Kanagaki
10am-noon, Thu, Mar 23
We'll look for fragments of the area's rich history as we take a stroll along the marsh and shoreline outside town.

THE HILLS ARE ALIVE!

Morgan Territory Sabrina Dussau
10am-1pm, Sat, Mar 25 #11614
With color, that is. Enjoy the beauty and discover the purpose of our local flora on a hike through the oak woodland and chaparral in search of early bloomers.
Reg. Required: (510) 636-1684

TRAILS CHALLENGE

NATURE HIKES
Huckleberry, Redwood Naturalist Nancy
8:30am-12:30pm, Sat, Apr 1, 15
Explore area flora and fauna and on these invigorating nature hikes. Rain or shine.
April 1: Huckleberry to Sibley, strenuous 5-miles. Native plants, volcanics, and raptors. No dogs. **April 15:** Redwood Regional Park, Canyon Meadow Staging Area. Vigorous 5.5 miles along oak-woodland ridges and through cool redwood canyons. Dogs welcome.

DON'T BE LATE- DAYLIGHT SAVINGS WALK

Temescal Gail Broesder
9-10am, Sun, Apr 2
Celebrate the last time change in April - next year it's in March. We'll walk the lake and explore it's history.

OKAY HILL, FLOWER DALE

Round Valley Mike Moran
9am-1pm, Sun, Apr 2
On a hearty and happy four-mile hike we go up a beautiful draw, behold a beautiful view and jaunt into a beautiful valley. The springtime story of oaks aside us and flowers beneath them is in need of telling!
Reg. Required: (925) 757-2620

ON-SITE IDENTIFICATION OF WILDFLOWERS

Botanic Garden Glenn Keator
10am-noon, April 4 through May 9
The focus of these six consecutive Tuesday classes will be on field recognition of the families and genera of wildflowers at the Botanic Garden with a chance to look closely through the Discovery Scope.
Info: www.nativeplants.org
Fee: members \$15 per session \$20 non-members per session

A SPLENDID BLACK HILLS SPRING

Morgan Territory Mike Moran
10am-1:30pm, Sun, Apr 9
One of the finest shows of the season awaits us. Bring binoculars for birds (eagles? falcons?), bow to the blissful blooms and behold the broad bounty of one of the best views in the county! 5.5 moderate miles of pure spring!
Reg. Required: (925) 757-2620

BIRDING WATERBIRD MARSH

Waterbird Mike Moran
8-9:30am, Mon, Apr 10
You glance it as you zoom by, now slow down and take in the feathered splendor. Shorebirds, waterfowl and perhaps a raptor or two grace this sometimes-tidal wetland, (and former home of an early 1900s smelting plant!).
Reg. Required: (925) 757-2620

PEAK MEANDERINGS

WITH A BUDDY
Mission Peak Kristina Parkison
9am-4pm, Sat, Apr 15 #11517
Dogs are welcome on this vigorous 8 mile hike, beginning by summiting Mission Peak and continuing at a leisurely pace to Sunol. Along the way, we'll listen for coyotes, look for wildflowers, and discuss doggy history while enjoying the best view the East Bay offers! 16+ yrs
Reg. Required: (510) 636-1684

FRESH TRACKS: CRESTA BLANCA LUNCHEON HIKE

Del Valle Cat Taylor
9-11am, Sat, Apr 15 #11856
An invigorating 2 to 2 1/2 mile naturalist-led morning hike to spectacular views is our kick-off to a new hiking luncheon series with partner Wente Vineyards and jazz music by KKSJ 103.7. Hike will conclude with lunch and music under the oak canopies by the Camp Arroyo lawn.
Reg. Required: (510) 636-1684
Fee: \$28 adults/\$24 62+ yrs/\$20 child 8-17 yrs
(non-res. \$32/\$28/\$24)

EASTER AT LAS TRAMPAS

Las Trampas Gail Broesder
8-11am, Sun, Apr 16
Hike through chaparral and oak for breathtaking views. A vigorous hike, with lots of ups and downs. Bring water and a snack to share. Meet at the end of Bollinger Canyon Road. 7+ yrs

BOTANIZING CALIFORNIA IV:

**PLANT COMMUNITIES
OF THE SIERRA FOOTHILLS**
Botanic Garden Glenn Keator
10am-3pm, Sat, Apr 22, 29
This series of field courses will acquaint you with how climate and geography relate to plant communities. You can sign up for one trip or both. **April 22:** Table Mountain. **April 29:** Calaveras Big Trees. Directions and field trip meeting locations will be mailed to participants.
Info: www.nativeplants.org
Fee: \$45 members per trip/\$50 non-members

ALAMEDA EARTH DAY FESTIVAL

Washington Park, Alameda Interp. Staff
11am-4pm, Sat, Apr 22
Celebrate Earth Day: join our family-fun festival and learn how you can help the health of planet Earth! Games, crafts, nature exhibits and entertainment will guarantee an action-packed visit. Then walk to the Visitor Center and visit Crab Cove's aquariums as part of your adventure.

AROUND LAKE CHABOT

Lake Chabot Gail Broesder
9am-2pm, Sun, Apr 23
It may look easy, but a hike around Lake Chabot is longer than you think. Explore its rich history on this 9 mile hike. Bring lunch and water. 10+ yrs

BACKPACK: INTO THE RISING SUN

Round Valley Dussau, Stack
Noon, Fri, Apr 28-2pm, Sun, Apr 30
#11619
Enjoy the heart of spring on a three-day trip from Mt. Diablo to Round Valley Regional Preserve. We'll cover 16 miles enjoying outstanding views and spring flowers. Evening campfires and star gazing are sure to make this trip a delight. Participants must

be in good physical condition and attend a pre-trip meeting (March 30, 5:30-6:30pm). Meals and camp fees included. 10+ yrs
Reg. Required: (510) 636-1684
Fee: \$87 (non-res. \$97)

PLANT PORTRAITS AND GARDEN IMAGES

Botanic Garden Bob Case
9:30am-4:30pm, Sat, Apr 29
Want to take better plant and flower photographs? Spend a full day with Bob Case and fellow plant lovers improving your skills. Participants will pay the price of all film and same day processing (optional) if using film, no additional costs for digital option. Bring your laptop if you have MS Photo Editor or Photoshop Elements. Three laptops available. Bring lunch. We will eat at the garden while film is processed.
Info: www.nativeplants.org
Fee: \$70 members/\$75 nonmembers

THE PEREGRINES OF CASTLE ROCK

Diablo Foothills Mike Moran
9am-1pm, Sun, Apr 30
Each spring peregrine falcons nest on the cliffs of Castle Rock. Come stroll Pine Creek to sneak a peak. As long as we're there, we will continue on (five hearty miles total) to experience some of the other wonders of this parkland gem.
Reg. Required: (925) 757-2620.

VOLUNTEER

PARK/TRAIL GUIDES

Various parks Rick Spittler
Various dates and times
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.). **Info: (510) 849-4663**

PUBLIC SAFETY VOLUNTEERS

Various parks Various dates and times
On-going volunteer programs assist District staff in the delivery of essential services, which include: educating trail users about trail safety; assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. **FLIGHT MEDICS-Sgt. White, Info: (510) 785-3370. BICYCLE PATROL, HIKING PATROL, COMPANION DOG PATROL and MOUNTED PATROL-Patrick Ballant, Info: (510) 544-3133.**

BLUEBIRD BOX MONITOR

Various parks Mike Moran
Mid-February through mid-August
Hike to and check each assigned bluebird box weekly to ensure bluebird safety. Keep records of your findings and activities. Report findings to Bluebird Coordinator once each month, or more frequently as conditions dictate. Volunteers monitor boxes at Briones, Black Diamond, Morgan Territory and Round Valley Regional Preserves. 10+ yrs.
Reg. Required: (925) 757-2620 or mmoran@ebparks.org

TRAIL WORK DAYS- IVAN DICKSON PROGRAM

Crockett Hills Terry Noonan
8:30am-1pm, Sat, Mar 4 #11726
Help work with the Bay Area Ridge Trail Council and REI on a trail maintenance project. Volunteers are needed to help with trail improvements in the future Crockett Hills Regional Park. Tools provided. Participants should wear sturdy shoes and long

sleeved shirts. Bring gloves, water, snacks. No dogs, please.

Reg. Required: (510) 544-2631

FRENCH BROOM REMOVAL PROJECT

Redwood, Skyline Gate
9:30am-1:30pm, Sat, Mar 4, Apr 1
Help restore beautiful Redwood Regional Park. French broom has been displacing the native plants. Volunteers are needed to remove the broom and plant native grasses. We provide the tools. Mt. Skyline Gate staging area (8500 Blvd. Oakland) in Redwood Regional Park. For information, call Jill Kiernan at 756-0195.

CAMPGROUND CLEANUP

Chabot Family Campground
10am-2pm, Sat, Mar 11
Please join us at Anthony Chabot Campground on March 11th to help spring up the campground before the summer season. Call the Operations Volunteer Office to sign up or for more information: (925) 756-0195.

ENVIRONMENTAL CLEANUP AT BRIONES PARK

Briones
9am-1pm, Sat, Mar 18
Volunteers are needed to assist District Staff remove debris from old dumpsites in Briones Park near Acalanes Highway. Park staff will provide tools, gloves, water. Meet at Lafayette Ridge Staging Area on Pleasant Hill Road in Lafayette. For more information call the Operations Volunteer office at (925) 756-0195.

CA. TRAILS DAY/EARTH DAY

Las Trampas Terry Noonan
8:30am-1:30pm, Sat, Apr 22
Volunteers are needed to assist District Regional Park District in trail rehabilitation at Las Trampas Regional Wilderness. Projects will include outcropping of trail, improve drainage and other improvements using hand tools. Bring water, snacks, gloves. No dogs, please.
Reg. Required: (510) 544-2631 after March 1

EARTH DAY RESTORATION PROJECT

East Shore State Park Kathleen Egan
10am-4pm, Sat, Apr 22
Join other volunteers in helping to spring up our beautiful bay shoreline! The District and the California State Parks Foundation are co-sponsors of this special effort. Volunteers will remove trash and non-native vegetation at East Shore State Park. Bags and gloves are available. Bring a pulaski, pick or round-point shovel if you have one. To register, please call (510) 544-2515.

FULL CIRCLE

Botanic Garden
9am-3pm, Mon-Fri, Jun 19-23, 26-30
A 5-day summer camp to be held at the Regional Parks Botanic Garden. Expect to learn, and play in a week of fun, game-related activities. June 19-23 for ages 10-12. June 26-30 for ages 8-9.
Reg. Required: (510) 841-8732
Fee: \$200

MEMBERSHIP PROGRAM

Early bird parking, free dog park, free swimming during warm season, no admission to Ardenwood on non-event days, members-only parking, discounts from Urban Park Concessionaires and The Picnic (restrictions apply). For info see www.ebparks.org.

Individual Memberships (valid for one person only; must be a resident of Alameda or Contra Costa counties):
 \$45 Regular, \$38 Senior, \$10 Senior Partner Pass, \$38 Disabled Person, \$38 Student (all categories \$60 for non-residents of Alameda or Contra Costa counties).

Family Memberships (Valid for up to 2 named adults 18+ years and up to four children 2-17 years):
 \$60 Regular, \$76 Senior, \$76 Disabled Person, \$76 Student (all categories \$120 for non-residents of Alameda or Contra Costa counties).

Senior Circle Membership and Philanthropy (includes one Family Membership package):
 \$250 Tilden Circle, \$500 Reinhardt Circle, \$750 Mott Circle, \$1,200 Sibley Circle.

SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES AND PROGRAMS	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Assoc.	(510) 530-0400
Bike Rentals	Del Valle	Windsurf Del Valle	(925) 455-4008
Boat Rentals	Del Valle	Urban Park Concessionaires	(925) 449-9201
Boat Rentals	Shadow Cliffs	Park Vending and Concession	(925) 846-9263
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(510) 582-1998
Cafe	Pt. Isabel	Mudpuppy's Tub & Scrub	(510) 559-8899
Camping (groups)	Various Parks	East Bay Regional Park District	(510) 562-2267
Camping (families)	D. Valle, A. Chabot, Sunol (EBRPD)	Sunol (EBRPD)	(510) 562-2267
Dog Wash	Pt. Isabel	Mudpuppy's Tub & Scrub	(510) 559-8899
Golf, Driving Range, Food, Banquet	Lake Chabot	Willow Park Inc.	(510) 537-9899
Golf, Driving Range, Food, Banquet	Tilden	American Golf	(510) 848-7373
Hang Gliding - Experienced Flyers	Mission Peak	Wings of Rogallo	(408) 476-2227
Horse Arena	Ardenwood	Scott Thomas	(510) 790-9060
Horse Arena	Martinez Shoreline	Martinez Horseman Association	(925) 228-8210
Horse Arena	Redwood	Judith Castro	(510) 336-0850
Horse Boarding Barn, Lessons	Anthony Chabot	Chabot Stables, Sara Cray	(510) 659-4428
Horse Boarding Barn, Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(510) 336-0850
Horse Day Camp	Las Trampas	Las Trampas Stables	(925) 838-7546
Horse Day Camps	Castle Rock	Adventure Day Camp	(925) 937-6500
Horse Rentals, Trail Rides and Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Rentals, Trail Rides	Sunol	Western Trail Riding Svcs.	(925) 862-9044
Marksmanship - Target & Skeet	Anthony Chabot	Chabot Gun Club	(510) 569-0213
Meeting and Club Activities	Martinez Shoreline	Martinez Sportsman Club	(925) 228-5638
Meeting and Club Activities	Martinez Shoreline	Martinez Pigeon Club	(925) 228-8222
Meetings, Weddings and Banquets	Tilden Brazil Room	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Kennedy Grove	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Temescal	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	MLK Jr. Shoreline	Regional Parks	(510) 540-0220
Merry-Go-Round, Children's Parties	Tilden	Terr Hillman	(510) 524-6773
Model Boat Facility	Ala. Creek Quar.	Model Mariners	www.namb9.com
Model Railroad - 5 Scales and Museum	Miller Knox	Golden State Model RR Museum	(510) 234-4884
Native Plants	Tilden	NativeHere Nursery	(510) 549-0211
Native Plants	Carquinez	CREEC	(510) 787-9772
Picnics (groups)	All Parks	East Bay Regional Park District	(510) 562-2267
Picnics, Parties and Events (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Ardenwood	Picnic People	(925) 462-1400
Railroad - Rides and Museum	Ardenwood	Society to Preserve Carthage Bros.	(510) 796-9560
Trains - Model Steam Engines	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterside, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-4008
Windsurfing - Rentals and Lessons	Crown Beach	Boardsports	(415) 258-9283

VISITOR CENTERS

ARDENWOOD
 34600 Ardenwood Blvd.
 Fremont, CA 94555-3645
 (510) 796-0663

BLACK DIAMOND MINES
 5175 Somersville Road
 Antioch, CA 94509
 (925) 757-2620

BOTANIC GARDEN
 Tilden Regional Park
 Berkeley, CA 94708
 (510) 841-8732

COYOTE HILLS
 8000 Patterson Ranch Rd.
 Fremont, CA 94555-3502
 (510) 795-9385

CRAB COVE VISITOR CENTER
 1252 McKay Avenue
 Alameda, CA 94501-7805
 (510) 521-6887

DEL VALLE
 7000 Del Valle Road
 Livermore, CA 94550
 (925) 862-2601

GARIN
 1320 Garin Avenue
 Hayward, CA 94544-6822
 (510) 795-9385

SUNOL-OHLONE
 P.O. Box 82 (on Geary Road)
 Sunol, CA 94586
 (925) 862-2601

TILDEN NATURE AREA
 Environmental Education Center (EEC) at Tilden Regional Park
 Berkeley, CA 94708
 (510) 525-2233

SWIM FACILITIES

LAKE ANZA
 Tilden Regional Park
 Berkeley, CA 94708
 (510) 843-2137

CONTRA LOMA
 1200 Frederickson Lane
 Antioch, CA 94509
 (925) 757-0404

CULL CANYON
 18627 Cull Canyon Road
 Castro Valley, CA 94552
 (510) 537-2240

DEL VALLE
 7000 Del Valle Road
 Livermore, CA 94550
 (925) 873-0332

DON CASTRO
 22400 Woodrose Ave.
 Hayward, CA 94541
 (510) 538-1148

QUARRY LAKES
 2250 Isherwood Way
 Fremont, CA 94535
 (510) 795-4883

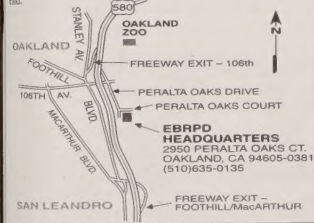
ROBERTS POOL
 10570 Skyline Blvd.
 Oakland, CA 94619
 (510) 482-6028

SHADOW CLIFFS
 2500 Stanley Blvd.
 Pleasanton, CA 94566
 (925) 846-3000

LAKE TEMESCAL
 6502 Broadway Terrace
 Oakland, CA 94610
 (510) 652-1155

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org/webreg.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5092. Include all the necessary credit card information and sign to approve the charge.

BY PHONE: Phone registration requires a credit card. Call between 8:30 a.m.-4:30 p.m. Mondays through Thursdays and 8:30 a.m. and 4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays.

Oakland (510) 636-1684
 Contra Costa Co. (925) 676-0192
 Livermore (925) 373-0144

Hayward (510) 538-6470
 Outside East Bay (510) 636-1684
 TDD (510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds** available for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

CREDIT CARDS: VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at **least seven days prior** to the class or program. Failure to notify the Reservations Office at **least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.

☐ MasterCard ☐ VISA

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Amount \$

Expiration date

Authorized signature

Name (parent or guardian if under 18) _____

Address

City _____ Zip _____

()	()
Day phone	Night phone

email address

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			

Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)	\$1
Subscribe to this publication (Regional in Nature) (Optional)	\$5

Submit additional registrations on an attached sheet

Total

Signature required

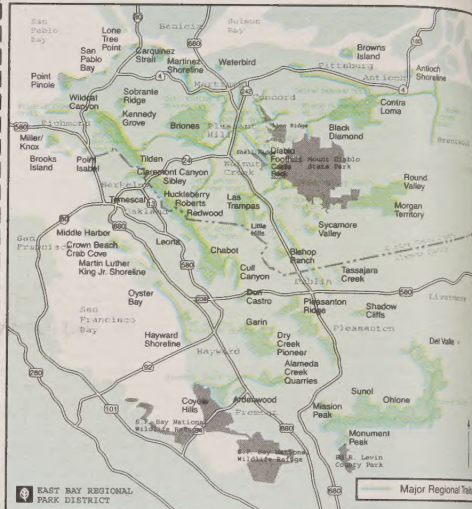
Date _____

Parent or guardian if under 18

 ☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

Office Use Amount paid _____ Check no./cash _____ Register no. _____ Staff initials _____



The Regional Parks Foundation invites you
to a free workshop on

Thursday, April 20th from 4 - 6 p.m.

Martin Luther King Jr. Regional Shoreline Center
Doolittle Drive, Oakland
Near the Oakland Airport



REGIONAL
PARKS
FOUNDATION

Presented by the Planned Giving Committee

Norman Boone, MBA, CFP®

Jay Gilson, CPA

Ira Hillyer, J.D., CFP®

Madelyn Mallory, CFP®

Patrick Z. Riley, J.D.

Topics

Wills • Revocable Trusts

Powers of Attorney • Health Care Directives

Irrevocable Trusts • Life Insurance

Retirement Plans • Charitable Trusts

Estate Taxes

The workshop will also offer an exclusive opportunity to participate in a guided tour that includes a light walk along the shoreline to observe bird and wildlife habitats in the area.
Disabled accessible.

Space is limited. To enroll, please contact Wanda Bolden-Ross at 510/544-2202 or email her directly at wbross@ebparks.org. A map and directions will be mailed along with your registration materials once you enroll.

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381